

# 69

## IDEAS FOR BETTER MARRIED SEX

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# 69 IDEAS FOR BETTER MARRIED SEX

**Married sex is a gift unique to your marriage.**

Think about it... You can communicate with your neighbor. You can work on a budget with your accountant. You can argue with a coworker. You can go on an adventure with your best friend. You can set boundaries with your family. But the one thing that is sacred, that you share with no other person but your spouse, is sexual intimacy!

For many married couples, sex was once this amazing opportunity to express love for one another. But oftentimes it can become complicated, mundane, or even nonexistent. We've been there. We made many mistakes in the first several years of our marriage, but we were able to break out of our sexual rut and we now have a thriving sex life (at least most of the time because, let's be honest, every marriage experiences those sexual lulls)!





Hopefully, you're reading this book because you want an amazing, thriving, and fun sex life with your spouse and you're ready to make your sexual intimacy a priority.

### **A few things to keep in mind while reading...**

Nothing should be done without consent from your spouse.

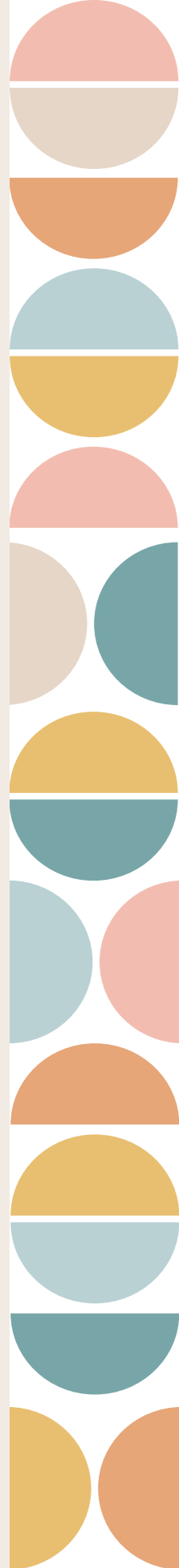
If you or your spouse has experienced any sexual trauma, some of these ideas may be triggering and we highly recommend seeing a therapist immediately. There is hope!

Don't tackle all 69 ideas in the first week (I'm not even sure that's possible, but you never know). Take one, try it out and then see how it goes.

If you've been emotionally distant, stubborn, or lazy, please do not think these ideas will fix your marriage. The best sex happens when there are high levels of trust, emotional safety, and security between both spouses.

If you're reading this on your own in hopes that your spouse will be open to these ideas, be sure to bring it up in a positive way. Say something like, "I love us and am very attracted to you. I just read this ebook from Marriage365 and they have a bunch of ideas for even better married sex. I've been thinking about us trying some of these. Would you be open to hearing a few of the ideas?"

Alright... take a deep breath, prepare yourself to be aroused, and remind yourself that you're choosing to read this book in hopes of improving and maintaining a healthy and thriving sex life with your spouse.





PRE-FOREPLAY • PRE-FOREPLAY  
01 • PRE-FOREPLAY • PRE-FOREPLAY

I WILL CHOOSE

SECTION 1

# PRE-FOREPLAY

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# PRE-FOREPLAY

Let's start with what I call **PRE-FOREPLAY** which means anything emotionally connecting BEFORE you start getting it on. I don't want you to minimize the importance of this because this is actually one of the most common mistakes couples make that directly impacts how they show up in the bedroom. So if you're looking for oral sex tips and new sex positions, don't worry, they're coming your way. Some of the ideas are things you can do on your own and others are done with your spouse.

## 01 Show desire!

I intentionally chose this as the number one tip for good reason. Sexual intimacy is all about desire! If you're annoyed, tired, or make comments like, "I'll just lie here while you do your thing", that's a major turn off and it communicates to your spouse that you're not really in the mood. Show them you want this! Show your spouse you want to please them and that you want them to please you!





## 02

### FLIRT through texts

One of the best ways to get each other excited about what's to come is to send thoughtful, romantic, and sexy texts throughout the day.

- *Can't wait to have you for dinner!*
  - *As long as I have you, I have everything I want and need!*
  - *You + me + last night = #makingmeblush*
- 

## 03

### Write an erotic letter to your spouse

Spend a few minutes thinking about what you want to do to your spouse sexually. List the things you fantasize about and which body parts you love about them, and then write it all down. Read it to them and trust me – this will even turn you on just talking about it.

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## 04

### The 60-Second Blessing

You begin by speaking 60 seconds of encouragement to your spouse. Once you're finished, your spouse spends the next 60 seconds sharing what they love about you. It's that simple, and it's VERY powerful!



05

## Clean up the bedroom (or wherever you're going to have sex)

If you really want to score some points with your spouse, take some time to straighten up your bedroom. Light candles, put away all of the dirty clothes, put on some music, and grab the clean-up towel so it's conveniently available.

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06

## 30 seconds of eye contact

This is when you and your spouse sit together and say nothing for 30 seconds. As you stare into each other's eyes, you'll connect on a very emotional level. And trust me, 30 seconds goes by quickly!

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07

## Ask your spouse, "Is there anything I can do to support you?"

Because sex is such an intimate expression of love, couples who feel safe and can trust each other with their thoughts, feelings, and ideas, will respect each other in and out of the bedroom. Making sure you have high levels of trust and respect for one another can start by asking that question.







# 08

## Share a steamy and sexy shower

There's something sensual about showering together but even more, there's a mental shift that can take place by wiping off your day, feeling clean, and getting your mind in the mood. Taking a shower will also allow a spouse who has a sensitive taste and smells to not be embarrassed or nervous about oral sex.

# 09

## Create a bedroom playlist

Music can help set the tone for sexual play. Select songs and artists you know will get you and your spouse in the mood. [Check out our sexy time playlist on Spotify](#) and be inspired to make your own playlist (or copy ours).

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# 10

## The package grab

Ladies - this is a fantastic way to show your husband you're in the mood when sex isn't possible because you're out in public. Use your fingers to delicately trace a slow line up his inner thigh, and softly, but firmly, squeeze his package. His head just might explode. The more public the place, the greater the anticipation.





## 11 Embrace your imperfections

Couples who have great sex look past the unwanted hair, the stretch marks, the razor burn, the cellulite, and the wrinkles. They love their spouse for more than just their physical appearance. Not worrying about imperfections allows you to be present and focus on all the wonderful qualities you each have.

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## 12 Remember a “best sexual moment” with your spouse

Since your brain is your largest sex organ, I want you to think of a time you and your spouse had amazing sex and take a few minutes to think through each of your 5 senses. What did you feel? What did you taste? What made it so pleasurable for you?

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## 13 Go shopping for sex toys together

You can do this online or at a store, but explore what's out there and purchase a couple of sex toys and accessories you both want to incorporate in the bedroom. The most popular ones are blindfolds, ticklers, vibrators, flavored lube, or a wedge pillow.



## 14 **Go for a walk**

Men tend to open up when they're doing an activity, so go on walks, talk, laugh, check in with each other and get your blood pumping before sex!

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## 15 **Put sex on the calendar**

There's something amazing about seeing an alert, reminder, or note that sex is on the calendar. This shows that you're prioritizing sex into your busy schedule!

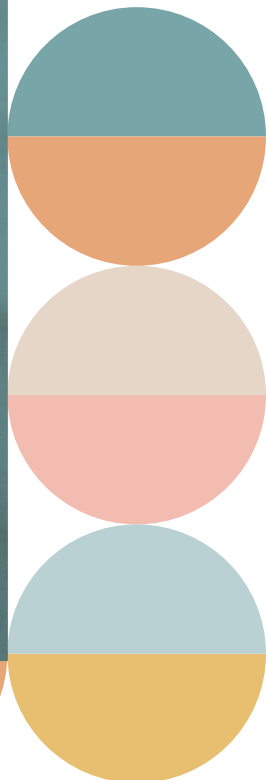






SECTION 2

# FOREPLAY







# FOREPLAY

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Foreplay is about creating a mood that is conducive to being intimate and wanting sex. All men need to know that the average woman needs approximately 20-40 minutes of foreplay (unless a vibrator is being used), which means that these tips and suggestions are very important to incorporate in the bedroom. Foreplay is really what makes someone an attentive lover! Foreplay gets the mind and body ready and excited for intercourse.

## 16 **Moan and use sensual breathing**

Make an effort to be more vocal in the bedroom. If you like something, moan. If you really like something, try some sensual breathing so your spouse can hear it. It's a major turn-on hearing your spouse moan and groan.





## 17 **Touch yourself first**

This one is for the ladies since men tend to respond to visual cues. Lay on the bed and slowly touch yourself around your breasts, areolas, inner thighs, and lips. As he watches you, hopefully, he will learn where and how you like to be touched sensually.

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## 18 **Spread the wetness**

Husbands – before you touch her clitoris, most women prefer to spread the wetness from the inside of their vagina. Insert your finger(s) into her vagina and then gently “paint” the rest of her lips and clitoris. Using this natural lubrication makes touching feel smoother, and allows your fingertips to glide and caress instead of pulling or catching on the sensitive skin.



## 19 **Do a striptease**

You don't have to be an amazing dancer to do a naughty strip tease for your spouse. It's all about confidence and being in the moment. Add props, a hat, or ladies – put on some lingerie and have fun!



## 20 **Add some flavor to oral sex**

If taste's a concern, smooth yummy chocolate sauce, yogurt, coconut oil, or honey – anything that won't irritate their skin. Keep a wipe or washcloth nearby for easy cleanup. Remember the way you taste can be affected by what you've eaten – spicy and salty foods alter this.

## 21 **Switch power roles**

If one of you usually takes the lead in the bedroom, try switching it up and have the other spouse call the shots. They get to pick the foreplay and the position.





# 22

## Slow finger stimulation

Husbands - take your fingers and gently massage the areas around your wife's vulva. Then stroke her stomach with the same fingers and motion directly above the pubic area, then slowly work your way inwards towards her outer lips. At this point, you are building onto the anticipation and excitement of direct touch to the vagina. Once you reach her outer lips, tease her by stroking your index finger in a circular motion around the vulva; make one to two full motions around the vulva then pull back and focus on stroking her thighs again in a circular motion to continue adding to the excitement of anticipation. After teasing and pulling back after two to three times (approximately 1-2 minutes), take your index and middle finger of either hand and place the fingers directly onto the outer lips of the vagina and gently caress her lips in a circular motion. Continue this motion for about one minute, then use your thumb and middle finger to separate the labia and use the fingers of your other hand to stroke the inner lips of the vagina. You can begin to increase the pace and pressure of your strokes based on any physical (thrusting, muscles tensing, leg movements) and verbal (moaning, sighing) cues indicating pleasure.



## 23 **Surprise!**

This is for the spouse with a lower sex drive. Plan a time to surprise your spouse and initiate foreplay. If you're a forgetful person, put it on your calendar. Afterward, ask your spouse how it made them feel when you initiated intimacy.

## 24 **Kiss the back of the neck**

Kiss the back of your spouse's neck with your mouth slightly open and hum. The combination of heat and vibrations will help prompt some sensations.



## 25 **Work around the clitoris**

For husbands - do not go directly to her clitoris. Women need a lot of foreplay in order to enjoy the clitoral stimulation so slowly apply pressure and tease the areas around her vagina.



## 26 **Use a blindfold**

Taking away one of your 5 senses causes the other senses to heighten. Now tickle, massage, kiss, and rub your spouse all over.

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## 27 **Focus on the head of the penis**

Ladies - when you're touching your husband's penis, make sure you spend time on the head of it which is where the majority of the nerve endings are. The shaft enjoys your touch as well, but it's all about the head when giving head or a hand job!

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## 28 **Makeout for at least 5 minutes**

Remember when you and your spouse were dating and you'd kiss for hours until your faces were all red and irritated? Well, it's time to pucker up and start incorporating more makeout sessions in the bedroom. Plus, kissing boosts oxytocin, serotonin, and dopamine - all of the feel-good hormones!







## 29 **Have an Altoid in your mouth during oral sex**

For wives, have an Altoid or other strong breath mint in your mouth to salivate more so that the smell overpowers your nose. Some men feel the menthol, which they usually enjoy.

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## 30 **Use your hands and tongue**

A way to increase the intensity of oral sex is to use your hands at the same time you're using your tongue. This takes some practice because it feels like a lot is going on at the same time. Just be sure your nails are filed and your hands are clean.

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## 31 **Play dress up**

Sexual roleplaying can make things feel like a new adventure. A couple of ideas... rock star and groupie, doctor and patient, and employee and boss.



## 32 **Perform mutual masturbation**

Lie facing each other and put on a show. Not only is this a major turn-on in and of itself, but it can also give you an opportunity to show your spouse ways you especially enjoy being touched so you can maximize pleasure together in the future.

## 33 **Massage each other**

A classic form of foreplay and a great way to get both of you to relax and de-stressed. Get some of your favorite massage oil and take turns massaging each other.



## 34 **Sex out of the bedroom**

One of the best ways to try something new in the bedroom is to leave the bedroom. When you are confident of your privacy, take your sex session anywhere in the home that suits you (the staircase, sofa, jacuzzi, balcony, kitchen table, floor, in your car, etc).





## 35 **Consider using a vibrator**

A vibrator can be a wonderful enhancement to your marriage because it speeds things up for women. So ladies, if you're in a rush or having a hard time climaxing, incorporate a vibrator before intercourse. Start with the slowest speed (it will feel very intense the first time) and slowly vibrate your vulva, and when ready, your clitoris.

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## 36 **Lots of tongue with oral sex**

When giving your husband a blow job, allow your tongue to explore the underside of their penis. Work it back and forth, up and down, and even completely around the head. They might enjoy higher-pressure suction or no suction at all.





## 37 **Kiss everywhere but the lips!**

This is a major tease and creates a lot of excitement. The fun little game to play is that you both get to kiss anywhere but on the lips!

## 38 **Ask before you climax in her mouth**

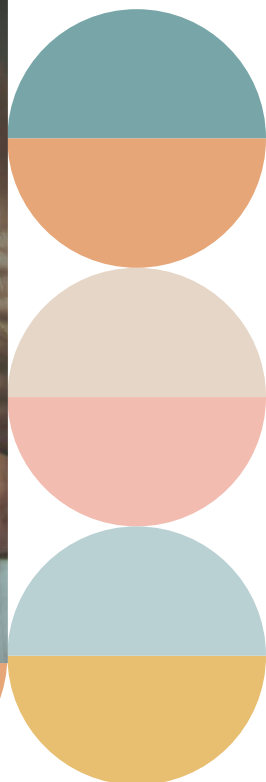
Do NOT assume that every woman wants her husband to ejaculate in her mouth. Husbands, ask your wife if she is okay with you climaxing in her mouth. While some women love it, others hate it so be sure to consider what she wants and respect her decision.





SECTION 3

# SEX



69 IDEAS FOR BETTER MARRIED SEX







# SEX

Here you are, completely naked, with your spouse, locked in an embrace with your most intimate parts pressing against each other. Now it's time for the finale.

## 39 **The Rocking Horse**

A favorite for more G-spot stimulation and intimate eye contact, the Rocking Horse lets you sit between your penetrating partner's legs, with your legs just short of wrapped around them, and you both rock into each other. There's a lot of room to control the depth of penetration while also holding your spouse super close.

## 40 **Make the most of quickies**

Sometimes there are times in life when you only have 5 minutes to get it on, and 5 minutes is better than nothing.





## 41 **Woman on top**

A favorite sex position amongst men and women. Get the man to lie down on the bed with his legs out in front of him. Have the woman climb on top like a cowgirl and let him penetrate the woman. Have the woman lean back and hold onto his ankles or knees as he lifts them. Men love this because they're visual and can see everything. Women enjoy this because it's great clitoral stimulation, which can lead to a quicker orgasm.

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## 42 **The Straddle**

For this sex position, the man sits on the bed with his legs outstretched. The woman climbs on top of him and wraps her legs behind his back while he pulls her towards him. Then the woman moves up and down at a speed to suit both of you. This is a great one if you both enjoy lots of kissing during sex.



## 43 **Switch positions during sex**

If you want intercourse to last longer, changing positions at least 2 times can help. Different positions can be pleasurable in different ways. Depending on which position you choose, penetration can be deeper and more intense.

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## 44 **The Pretzel**

Time to change up that position by doing the Pretzel. The female partner lays on her right side while the male partner straddles the woman's right leg and wraps her left leg around his left side. This position allows the male partner to control how deep he goes while still making eye contact possible. It also allows for a lot of clitoral stimulation as fast or as slow as desired.

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## 45 **Incorporate a sexual fantasy**

I recommend starting with the tamest fantasy first and then if you like, move to the wilder ones. It's fun to act them out and be playful in the bedroom.







# 46

## Focus on his perineum

Ladies, located behind your husband's scrotum and before his rear entry, this spot contains ejaculatory muscles which, when massaged, can make his orgasm feel even more intense. Use your thumb to gently rub the perineum in a circular motion. Right before he is about to finish, press the spot firmly to give him an orgasm to top all orgasms.

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# 47

## Spooning position

Lazy lovers, we see you. Particularly on lazy mornings, there are few things that hit like a morning tussle with your partner. Spooning (yes, like the cuddling position) can easily become a favorite sex position too when your penetrating partner steps up into the big spoon role and enters the partner from behind. Hands remain free for touch and clitoral stimulation and mouth remains free for kisses and dirty talk.

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# 48

## Give a little spank

This is not for everyone so be sure to ask your spouse before doing this, but a gentle spank on their booty can be really sexy and exciting.



## 49 **The butterfly**

Another way to modify the missionary position with a bit more power, the Butterfly sex position involves having the receiving partner lay back on a slightly elevated surface (bed, table, countertop, go off!) tilting their hips upward, and offering cervical stimulation and free hands for clitoral activities.

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## 50 **Try edging**

Edging is when you purposefully delay your orgasm. This is a challenging thing to do but once you try it, you'll probably like it because it intensifies your orgasm. Once you stop penetration, give yourself about 20-30 seconds before continuing. Repeat this until you're ready to orgasm.

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## 51 **Make eye contact during ejaculation**

If the sex position you're in allows for it, keep your eyes open and try looking into each other's eyes during your orgasm. It's very intimate and bonding.





04  
AFTERPLAY • AFTERPLAY

SECTION 4

# AFTERPLAY



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# AFTERPLAY

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Just because you're done having sex doesn't mean you should be done learning and connecting. Afterplay is where you really get to strengthen your emotional intimacy!

## 52 **Talk about your sexual fantasies**

Fantasies allow you both to explore your sexuality in a safe place while using your imagination. Fantasies keep your sex life fresh and fun, but they must have healthy boundaries. Keep in mind that there are 3 rules we abide by - no third person, nothing that will make either of you feel unsafe, and no porn.



## 53 Lie together naked in silence

Alright - this may sound odd - why in silence? When you're not talking, you get to focus on what you just experienced together. Focus on your breathing, your vulnerability, the smells, the sounds, the pleasure. Spend time softly touching and embracing one another. It's really romantic.

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## 54 Try our 7-Day Sex Challenge



If you've never tried our Sex Challenge, then you're missing out. Each day you'll watch a 1-2 minute video where we'll give you a specific technique to incorporate in the bedroom for 7 days in a row. You'll also get to hear our story of when we did our first sex challenge and it's pretty funny!



These last ideas are open-ended questions and before you stop reading, I want you to know that ongoing conversations about your sexual intimacy are the key to having better sex. These questions are meant to be asked over time and not all in one sitting. Couples who talk about their sexual desires, feelings, and concerns typically have better sex, and the conversations allow there to be trust, safety, and security.

55

**What's your favorite part of my body and why?**

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56

**What's the best thing about our sex life?**

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57

**When you think about your sex drive, would you say you have a high, average, or low libido and why? Has it always been this way or has it changed?**





58

**Have you ever had any painful, traumatic, or violating experiences with sex? If so, is going to therapy something you are open to, and why?**

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59

**How can we romance each other during the day in anticipation of sex?**

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60

**Which of your 5 senses do you use most during sex? (touch, smell, hearing, taste, and sight)**

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61

**What's a hard NO when it comes to sex and why?**

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62

**How many times a week would you like to have sex?**



63

**The next time we make love, would you like to be in control or have me be in control?**

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64

**Are there any issues outside the bedroom that are negatively impacting our sex and intimacy?**

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65

**What are your thoughts about incorporating some of the foreplay techniques and tips in the eBook?**

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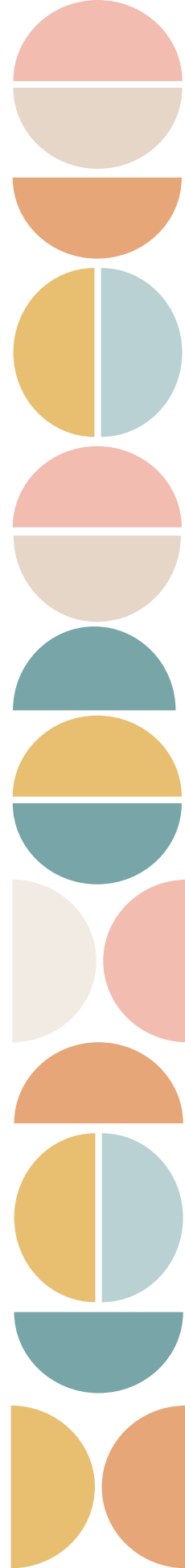
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**How do you feel about sexting and sending each other sexy pictures throughout the day?**

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67

**Is there anything you would like me to start doing to you sexually that I haven't been doing?**





68

What are your thoughts about vibrators and other sex toys?

69

What are some ways we can work on our emotional intimacy and not just our physical intimacy?

Now that I got you all hot and bothered, I want to leave you with this one last reminder: **the main goal for sex is connection.** The orgasm, the position, the foreplay, none of it matters as much as the emotional and physical connection you and your spouse will experience. If both of you feel loved, safe, and enjoy your time together, consider it a big win for your relationship.



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